

# Clinton Township

## Senior Adult Life Center

March/April 2010



## Macomb County's Premier Wellness & Retirement Expo

**FREE!**

- Free Admission
- Beverages
- Refreshments
- Health & Wellness Screenings

**Friday, April 9, 2010  
10 AM-1 PM**

- Exciting Vendor Booths
- Giveaways
- Raffles
- And Much Much More...



AT THE  
Macomb Intermediate School Building  
44001 Garfield Road



Located 1/2 Mile North of 19 Mile Road, on the West Side of Garfield

Dear Friends,

We would like to thank each and every member for your dedication to the mission and vision of the Senior Adult Life Center. The center is outstanding because of YOUR support, enthusiasm and willingness to work together to make it a unique retirement retreat. We are pleased to count you among those who played an important role to the history of the department dedicated to meeting the needs of those 50+.

2010 brings new and exciting programs, services and activities to inspire your health and well being. We have started our year with new beginnings, fresh outlooks and positive changes not only at the center but also in our offices. The center is proud to welcome Jessica Holden and Thomas Essad to our member services. Jessica and Tommy have brought new vision and energy to the department. We have continued to streamline our operations in an effort to serve you better.

As a wellness center for those 50+ we understand the importance of overall well-being. The Bill and Toni Lee Wellness center is brimming with stories of rejuvenation and renewal.

Once again members opened their hearts and wallets to benefit the MISD homeless education program. The lobby giving tree netted thousands of dollars worth of gift cards, and necessary every day supplies for the homeless in our community. A special thanks to our crochet & knitters that spent an enormous amount of time making warm mittens, hats and scarves for those in needs. Your continued dedication to our community is outstanding. We continue to collect Campbell soup labels, used eye glasses and hearing aides for the Lions club, used ink jet cartridges and cell phones. For those who have made donations to the senior center fundraising and special projects, we appreciate your continued support.

We thank you for your patronage!



Matt Makowski - Director  
Debbie McClellan - Assistant Director



# Clinton Township Senior Adult Life Center

Mar./Apr. 2010 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all  
Classes and Programs

## HOW TO REACH US Clinton Township Senior Center



40730 Romeo Plank Rd.  
Clinton Township  
Michigan 48038

**Member  
Services Team**  
*Jan, Jessica  
and Tommy*

**Phone: (586) 286-9333 • Fax: (586) 286-8757**

Calls taken Monday – Friday 8:30 a.m. – 4:30 p.m.

[www.clintontownship-mi.gov](http://www.clintontownship-mi.gov)

## Main Contacts

Matt Makowski	Director	Ext. 8121
<a href="mailto:m.makowski@clintontownship-mi.gov">m.makowski@clintontownship-mi.gov</a>		
Debbie McClellan	Asst. Director	Ext. 8120
<a href="mailto:mcclellan@clintontownship-mi.gov">mcclellan@clintontownship-mi.gov</a>		
Wanda Vasko	Sports/Fitness	Ext. 8076
<a href="mailto:mcclellan@clintontownship-mi.gov">mcclellan@clintontownship-mi.gov</a>		
Donna Tinker	Programmer	Ext. 8125
<a href="mailto:d.tinker@clintontownship-mi.gov">d.tinker@clintontownship-mi.gov</a>		
Jan Aleo	Member Services	286-9333
<a href="mailto:j.aleo@clintontownship-mi.gov">j.aleo@clintontownship-mi.gov</a>		
Jessica Holden	Member Services	286-9333
<a href="mailto:j.holden@clintontownship-mi.gov">j.holden@clintontownship-mi.gov</a>		
Thomas Essad	Member Services	286-9333
<a href="mailto:t.essad@clintontownship-mi.gov">t.essad@clintontownship-mi.gov</a>		
Linda James	Transportation	286-9476
<a href="mailto:transport@clintontownship-mi.gov">transport@clintontownship-mi.gov</a>		
SMART Bus Drivers		
Dave Bommarito, Sherita Thompson & Jamie Mack		

## Our Mission:

To dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living.

## Township Offices

40700 Romeo Plank Road  
Clinton Township, Michigan 48038  
**(586) 286-8000**

Robert Cannon	Supervisor
George Fitzgerald	Clerk
William Sowerby	Treasurer
Ken Pearl	Trustee
Ernie Hornung	Trustee
Dean Reynolds	Trustee
Joie West	Trustee

## Sports Numbers

Basketball - ©	Dan Palmer	286-8631
Bocci - ©	Maria Salamone	247-0582
Bowling - (w)	Vi Morley	489-2020
Bowling - ©	Richard Kowalewski	791-5126
Bowling - (m)	Tom Buback	228-2429
Golf - (m)	Walt Yunke	566-3397
Golf - (w) Fri.	Marilyn Sobczak	228-3977
Golf - (w) Thurs.	Betty Riegel	465-1432
Horseshoes ©	Frank Cusumano	226-8949
Pickle Ball ©	Don Kolke	293-8592
Softball - (m)	Bill Trainor	468-2968
Softball - (m)	John Charlie	263-4376
Softball - (m)	Paul Schneider	228-0076
Shuffleboard ©	Arlene Biggs	263-6616
Tennis - ©	Pattie Duquette	469-7000
Volleyball (m)	Russ McClarren	412-0948
Volleyball (m)	Alfred Schmidt	468-8318
Volleyball ©	Sue Stapels	741-6193

(m)=Mens (w)=Womens ©=Co-ed

## Numbers of Interest

Macomb Department of Senior Citizen Services	(586) 469-6313
Chore Services	(586) 469-6964
Congregate Meal Programs	(586) 469-5228
Clinton Twp. Loan Closet	(586) 263-8437
Emergency Food	(586) 469-6004
Meals on Wheels	(586) 469-5228
Energy Programs	(586) 469-5228
Area Agency on Aging I-B	(248)357-2255
29100 Northwestern Hwy. Ste. 400 Southfield, MI 48034	or 1-800-852-7795 TDD: (248)263-1455 <a href="http://www.aaalb.com">www.aaalb.com</a>

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## SENIOR SERVICES

### MEDICARE/MEDICAID ASSISTANCE (By Appt.)

**Tuesdays March 9 & April 13 9:00-11:00 a.m.**

Shari Capozzoli, our trained counselor from the Area Agency on Aging, will provide information and answer any questions you may have regarding Medicare and Medicaid coverage. In addition, info will be supplied regarding supplemental insurance plans. If you are currently having a problem with a doctor or hospital bill, make an appointment and bring any pertinent paperwork with you. This service is provided by the Area Agency on Aging.

### LOW VISION SUPPORT

**By Appt. ONLY Tuesdays or Thursdays**

If you have low vision problems or know someone who does, please share this information with them! We are pleased to have our own Frank Cunningham, a legally blind person of over 20 years, answer any questions you may have regarding low vision problems. He can guide you & help you locate resources, or encourage you on gaining more independence as a person with low vision. You may contact Frank with any questions at 586-465-6694. Transportation may be arranged through our transportation office by calling 586-286-9476.

### DON'T KNOW WHERE TO TURN?

Need to locate some resources? Just dial 2-1-1 for over 7,000 services that the United Way can refer you to. This is a free call and service. Cell phone users can dial 800-552-1183.

### LOSE YOUR NEWSLETTER? DON'T WORRY!

Just go to [www.clintontownship-mi.gov](http://www.clintontownship-mi.gov) – Click on “Senior News”. It's on the left side of the page

### MEMBERSHIP GUIDELINES

Membership is open to all eligible individuals ages 50 and over, single or married. If one spouse is 50 and a member, the other may be younger. A valid State of Michigan photo ID is required for membership. **Lifetime Membership fee: Resident—\$40/single, \$70/couple; Non-Resident—\$80/single, \$140/couple.**

### MEMBERSHIP BADGE REPLACEMENTS

If by chance you have misplaced your official badge, come to the reception desk and we can make you a replacement for \$2.00. A photo ID is required for us to verify membership.

## SENIOR CENTER BUS TRANSPORTATION



*Drivers: Jamie, Dave and Sherita*

Office: 286-9476, 8:30 a.m.-12:30 p.m. After office hours  
EMERGENCY: 468-0577; Senior Center: 286-9333  
Transportation available M-F, 9:00 a.m. to 4:30 p.m. Fee is \$1.00 per way or a bus pass.

## SENIOR SCHOLARSHIPS

Scholarships are available for those who meet minimum income guidelines.

## SENIORS SURFIN' THE NET

Please stop by to use our INTERNET Service.  
We have 3 computers for your convenience.  
(9:00 a.m.-4:00 p.m., Mon.-Fri.)

## COPY MACHINE

**25¢ per page**

Need a copy of a document? Bring it in. Copyrighted material is prohibited for duplication.

## SNACKS

**75¢**

You never know when you are going to get the munchies! We have a variety of goodies for purchase. Salty, sweet and everything in between!

## BEVERAGE SERVICE

**50¢**

Why not enjoy a steamy cup of coffee, hot tea, or a cool and refreshing beverage. Beverage cups can be obtained at the reception desk between 9:00 a.m. and 4:00 p.m. Cold, bottled water available in the Fitness office for \$1.00.

## LOAN CLOSET

**No Charge**

The Clinton Twp. Fire Department has wheelchairs, walkers, canes, crutches and other items available for residents to use. They LOAN this equipment at no cost. Please contact the Fire Department directly at 586-263-8437 for more information.

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## CARDS for MEMBERS

Our membership fees are used to operate this facility. We request that all players become members to help defray the increasing costs of utilities, supplies and necessary operating expenses. Thank you for your understanding. Rosters will be kept for each group playing at the center.

### MONDAY

DUPLICATE BRIDGE..... 11:30 A.M.  
(must have partner for duplicate bridge)  
PINOCHLE..... 11:30-2:00 P.M.  
PROGRESSIVE EUCHRE ..... 6:30 P.M.

### TUESDAY

Euchre for Rookies ..... 1:00-3:00 P.M.  
Practice Bridge ..... 1:00-4:00 P.M.  
500 ..... 6:30 P.M.

### WEDNESDAY

PARTY BRIDGE..... 9:15 A.M.  
PINOCHLE..... 1:00 P.M.  
PROGRESSIVE PINOCHLE..... 6:30 P.M.

### THURSDAY

EUCHRE..... 1:00 P.M.

### FRIDAY

PROGRESSIVE PINOCHLE..... 6:30 P.M.

### SATURDAY

500..... 12:30 P.M.



Jay & Sam

**FYE**

If the center is closed for a holiday or weather emergency... there will be **NO** evening cards. If in question... call (586) 286-9333 before you come!

## There's a NEW GAME IN TOWN!

### An ACBL Sactioned Bridge Game

This is a fundraiser - non-members welcome for new & intermediate players with 0-199 pts.

**New Time - Wednesdays 12:30 p.m. \$6.00**

Come develop new friendships, improve your bridge skills & earn master points in a friendly environment.

Cards, Friends & Refreshments! All Welcome!

For further info. contact Jane Hall 586-201-0045 or janemhall@yahoo.com. Visit the Clinton Bridge website [www.clintonbridge.com](http://www.clintonbridge.com)

## CALLING ALL EUCHRE PLAYERS!

**Euchre 50/50 Fund Raising Tournament**  
**Thursday, April 29, 2010 6:30-9:30 p.m.**  
**\$10 per person RSVP @ 586-286-9333**



This tournament is open to those 50+ in our community. You need NOT be a member, because this is a fundraiser for our Clinton Twp. Senior Adult Life Center! Join us for a fun & possibly profitable evening of euchre. Dealing starts at 7:00 p.m.

Limited to the first 100 pre-registered  
- Pay at door.

**Thank you, Jay Roeske for donating your time and efforts to make January's Euchre Tournament so successful!**

*Clinton Township does not discriminate in any way based on religion, race, color, sex, handicap, familial status, national origin, ancestry or for any other reasons prohibited by law. The Center operates its services, programs and activities so they are readily accessible to and usable by individuals with disabilities. If you would like to participate in one of our programs and require special accommodations, please let us know and we will do what we can to make the appropriate arrangements.*



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## ONGOING PROGRAMS

### Monday

**STAINED GLASS \$4** 9:30-11:45 A.M.

Tired of the same old crafts? Why not give the art of stained glass a try? New students always welcomed! No supplies needed to start! Call the front desk and sign up for Madelyn's class today. **NO class on March 1 & 8**

**Game Time** 1:00-3:00 A.M.

Join us for Scrabble, Cribbage, Uno & other games. All are welcomed!

### Tuesday



**CHESS CLUB** 1:00-4:00 A.M.

Join Mack and others for an invigorating and challenging game of chess. All ability levels welcomed! Please contact Mack at thebigdawg@wowway.com if you are interested in playing or would like to be in a chess tournament.

**COMMUNITY SEWING** 9:30-11:30 A.M.

Join Violet and the girls as we help our area charities by utilizing our sewing talents.

**MAH JONG** 12:00 Noon

Mah Jong is a traditional Chinese game using illustrated tiles, with game play similarities to rummy. More info. call 586-286-9333

**CROCHETING & KNITTING** 12:00-2:30 P.M.

Come join us as we work on individual and charity projects. We'll tell some jokes and just enjoy each others company! Beginners Welcome! Barb & Dora will be here to get you started and mentor you as you work on your projects.

### Tuesday

**KEYBOARD LESSONS "PLAY FOR FUN!"**

New Session Begins April 6 – June 8.

**3:00 P.M. BEGINNERS • 2:00 P.M. ADVANCED**

\$30/10 lessons + \$15 Book Fee. Learn how to read music & play the keyboard in a fun group setting. New sessions begin: Sept, Jan and April. Call Grace at 726-6570.

**SONGFEST ~ SING ALONG** 2:00 P.M.

Join our talented pianists, Sister Mary Helen and George for this fun & informal sing along.

### Wednesday

**READING POETRY** 10:30 A.M.-12:00 NOON

Reading Poetry meets on the 2nd & 4th Wednesdays. This is a course in close reading of lyric poems from John Donne to Gerard Manly Hopkins. Enrollment limited.

**PLASTIC NEEDLEPOINT** 10-11:45 A.M.

Learn to do plastic needlepoint in our craft room. It is fun and easy to learn. Join us on the 2nd and 4th Wednesdays of the month for instruction.

**SINGLE SENIORS** 11:00 A.M.

Please join us on the 1st & 3rd Wednesday of each month. We'll have a short meeting and then go out for lunch, a different restaurant every week. Also, on the 1st Wed. of the month, we will take in a movie after lunch! We also enjoy many other fun activities. For more info call: 586-469-8686.

**QUILTING** 2:00-4:00 P.M.

Join us for an afternoon of quilting & sharing with this group of crafty ladies. We would love to see new faces.

**WOOD CARVING** 12:00-3:00 P.M.



Come discover the art of wood carving. Explore your creative side and enjoy the friendship of others as you carve your own project or try your hand on a starter kit. Beginning & experienced carvers welcomed. More info: call Keith 586-465-4129.

Have Fun

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## ONGOING PROGRAMS

### Thursday



#### CHESS LESSONS 1:00-3:30 P.M.

Learn the game of Chess and exercise your mind at the same time. Chess is a great game to keep you mentally active and helps you learn to think in an orderly fashion. And Chess is also fun. Learn to use your patience and thoughtfulness on the chess board. Everyone is welcome.

#### WEIGHT LOSS SUPPORT 9:15-10:30 P.M.

Join us for support as we lose weight together! We will be using the TOPS program. The cost is a \$24 annual fee with \$5 monthly dues.

#### HUMANITIES 10:00-12:00 P.M.

The humanities are the stories, the ideas and the words that help us make sense of our lives and our world. The humanities introduce us to people we have never met, places we have never visited and ideas that may have never crossed our minds. Please feel free to drop in or join this interesting and diverse group as they explore the world around us! **Many exciting adventures are scheduled for the year!** We are also open to spontaneous activities not limited to Thursdays. **For more info: call 286-1786 or 226-0782.**

#### COOKIES, CONVERSATION & CURRENT EVENTS 1:30-2:30 P.M.

We are a group of diverse, independent thinking folks who are ready to meet new friends, share stories and jokes in a casual discussion group. **More info: call George @ 586-465-3044.**

### Thursday

#### JAMMIN' SENIOR STYLE 2:00-4:15 P.M.

Do you play a musical instrument? Would you be interested in a "Jam Session"? Come even if you're a little rusty. We'll have a great time. Bring your instrument and your enthusiasm!

**Call Cecil for more information @ 586-790-1220.**

### Friday

#### INVESTMENT CLUB 9:30-11:00 P.M.

Join us for a discussion on investments. Get great tips and come with your thoughts to share.

#### WRITE FOCUS 11:00-1:00 P.M.

Writers who meet the every other Friday throughout the year to work on various kinds of writing – including short stories, essays and poetry.

**Contact Nancy @ 463-0480.**

#### BINGO WEEKLY 12:30-2:30 P.M.

**Attn: All Bingo Players Please make sure to purchase your bingo cards before 12:20 p.m. Calling begins promptly @ 12:30.**



Join us for an exciting and possibly profitable afternoon in the old fashioned bingo parlor! Admission card is \$1.50; all other cards \$0.50 each; 50/50 raffle tickets are sold

much to the delight of those who play. Advanced scheduled transportation is available for those living in Clinton Twp. This is a friendly, non-smoking environment! We even have music and singing before bingo begins! Please remember that seating is 1st come 1st seated!

Beginning January 4th and **every 1st Friday of the month** following, we will celebrate you! That is, if your birthday falls in that month! **Thanks to North Point Village for providing our Birthday Cake.**

**Monthly gift basket give-aways provided by Comfort Keepers every third Friday of the month!**

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## WEEKLY FITNESS SCHEDULE

<b>Monday</b>	Walk Fit	8:30-9:00
	Interval Training	8:45-9:45
	Fitness Ball	10:00-11:00
	Chair Fit	10:30-11:30
	Aerobics Plus	11:30-12:30
	Arthritis/Beg. Fit	12:30-1:30
	Int. Tai Chi	1:30-2:30
<b>Tuesday</b>	Walk Fit	8:30-9:00
	20/20/20	8:45-9:45
	Yoga	11:00-12:30
<b>Wednesday</b>	Walk Fit	8:30-9:00
	Interval Training	8:45-9:45
	Fitness Ball	10:00-11:00
	Total Fitness	12:30-1:30
	Arthritis/Beg. Fit	1:30-2:30
	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
<b>Thursday</b>	Walk Fit	8:30-9:00
	20/20/20	8:45-9:45
	Bone Builders	9:00-9:30
	Yoga	10:00-11:30
	Chair Fit	9:30-10:30
	Aerobics Plus	10:30-11:30
	Pilates	11:30-1:00
<b>Friday</b>	Walk Fit	8:30-9:00
	Interval/Ball	11:00-12:00
	Arthritis/Beg. Fit	12:30-1:30

## Important Information!

As physically active members of the Senior Center and to ensure your safety, please do not engage in any physical activity without your doctor's permission.

**You must wear comfortable clothing and athletic shoes with laces when participating in class.**

## WEEKLY COURSE DESCRIPTIONS

**20/20/20** T/Th \$4

20-20-20 is a program that offers 20 minutes of low impact cardio, followed by 20 minutes of weight training and finishing with 20 minutes of floor exercises.

**ARTHRITIS / BEGINNERS FITNESS** \$4

**Monday, Wednesday and Friday**

This exercise program is designed to help decrease stiffness and pain using low impact moves, range of motion and light hand weights. This class is not only for those with arthritis but also those new to fitness looking to build strength, stamina, flexibility and balance. All exercises done with the use of a chair.

**AEROBICS PLUS** Mon/Thurs. \$4

Combine fun with fitness to increase your cardiovascular and muscular endurance while improving your flexibility and balance. This class will get and keep you moving! Start with low-impact aerobics and end with a strength workout using hand-held weights, tubing and balls.

**New members are always welcomed.**

**BONE BUILDERS** Thursdays \$4

Are you concerned about your bone density? A study published in the Journal of Preventative Medicine in 2005 showed that it is never too late to build bone density. Build your bone density and muscular strength in this class using hand held weights and a chair while improving your flexibility and balance.

**CHAIR FIT** Mon/Thurs. \$4

Have fun and move to the music through a variety of exercises designed to increase your cardiovascular and muscular endurance, improving your flexibility and balance. Start with aerobics in the chair and end with a strength workout using hand-held weights, tubing and balls.

**INTERVAL TRAINING** Mon/Wed \$4

**Formerly called Circuit Training.** This class will alternate short intervals of low impact exercises to get your heart going AND weight training for strength, balance and endurance! We will end with abdominal work and stretching to increase flexibility, to complete your total body workout.



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## WEEKLY COURSE DESCRIPTIONS

### INTERVAL/BALL FRIDAYS Fridays \$4

**Here is something new for you...** Due to popular demand of both the interval & fitness ball classes, we've incorporated both techniques into one class! This is a great way to complete your weekly workout!.

### FITNESS BALL TRAINING \$4

**Mon. & Wed. First class FREE!**

Emphasizing balance, control & stability; this course is geared for all fitness levels. LeaAnna, will help you strengthen and target not only your abs, but also your midsection and lower back. Additional concentration on upper body by incorporating weight training while maintaining balance on the ball.

**The center has fitness balls for your convenience.**



### PILATES Thursdays \$4

**Pilates will change your body.** In just a few short sessions you can: Slim, tone and sculpt; Build core strength; Look and feel taller and slimmer; Enhance flexibility; Improve your posture; become fitter and stronger! Get ready to see for yourself! Must be able to get down on floor.

### TAI CHI (BEG. & INTER.) Wu Style \$4

Join our beginner's class to learn the basic forms of this ancient non-aerobic art form that will improve your balance, flexibility & well being. Try the beginners and then move into the intermediate. Wear comfortable clothes & flat shoes preferably without arches.

### TOTAL FITNESS Wednesdays \$4

A real sweat producing interval training workout alternating segments of cardio and resistance training followed by 20 minutes of yoga stretches. The cardio segments are easy to follow routines which will include a little bit of disco, a little bit of Zumba, a little bit of kickbox and a whole lot of fun. This class is geared for those over 50 looking for maximum results..

### WALK FIT Daily 8:30 A.M..

Join this lively group for morning walking in the climate controlled gym. Come on in and enjoy the companionship, music and walking of walking with others

### YOGA \$4

Yoga uses posture, breathing and relaxation techniques to stretch, strengthen and align your body, promoting flexibility, posture and range of motion. All classes end with relaxation techniques.

**Tuesday** A gentle Yoga class beginning with breathing exercises, chair warm ups and easy stretching followed by standing and floor postures for strengthening and aligning your body.

**Thursday** Alternates with floor and standing postures and includes using yoga blocks and belt for alignment.

### PERSONAL TRAINING.



Whether you are just getting started in fitness or looking to improve your current workouts, personal training is for you. If you are looking to improve your overall strength, endurance, flexibility, balance or improve your golf game or tennis or any other activity you do, our certified Personal

Trainer Betsy can help you achieve your goals.

**Session Fees: \$40.00 – 1 hr. session Packaged Sessions offered at a discounted rate! You must have a physicians release form on file.**

**Looking to stay young at heart? Why not join the Bill & Toni Lee Wellness Center. You will not only feel better, but you will add quality to your years! Why delay - join us today.**

### BILL & TONI LEE WELLNESS CENTER

Any member interested in using the wellness center MUST successfully complete our senior orientation prior to using the room or equipment. Before you make an appointment for this orientation, **you must have a current PHYSICIANS RELEASE OF LIABILITY form completed, signed by your doctor and your annual \$50 dues paid. Your form expires ONE YEAR from the DATE the doctor signed the form. (No exceptions)** Please bring a towel and dress in workout attire. If you are unable to make your scheduled appointment, please call to cancel your appointment. (max. 4 people per orientation) Orientation is held only on Thursdays from 2-4 p.m. You must be in attendance the whole 2 hours.

Only \$50 Per Year!

See Physically Challenged Orientation Information on page 20

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## Sports

Sports phone numbers can be located on page 3

### BADMINTON (players needed)

Mondays	2:30-4:00
Wednesdays	9:00-11:00
Fridays	9:00-11:00

### BASKETBALL

Wednesdays	3:30-4:15
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### BOCCIE BALL \$20/Season

Thursdays	9:00 -1:00
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Call Wanda for more info. (586) 723-8076  
Organizational meeting April 1, 2010

### HORSESHOES

Monday/Thursday	9:30-12:00
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For more info. Call Frank @ 586-226-8949  
New players always welcome!  
Drop in for a friendly game. Resumes May 10th

### PICKLE BALL

Thursdays	11:30-1:30
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It's the latest sport to hit the courts!  
Played on a badminton court with a paddle and a wiffle ball! Why not give it a try? Pick up a flyer today!

### SHUFFLE BOARD- Begins May 4

Season runs from May – August	
Tuesdays	9:00-11:00

### TABLE TENNIS

Tuesday	1:30-4:15
Thursdays*	1:30-4:15

\* = Cancelled day of dinner dance monthly.

### TENNIS PRACTICE @ Senior Center

Wednesdays	11:00-12:00
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Open gym time is available to practice and develop skills with Walter Bozman

### VOLLEYBALL (CO-ED)

Mondays	9:00-10:00
Tuesdays	9:00-11:00

Season ends April 27

### VOLLEYBALL (REGULATION)

Tuesdays Resumes in April	11:00-1:00
Fridays	11:00-1:00

### TENNIS @ PEACHTREE TENNIS CLUB.

M,W,Th, Fri.	\$6.00	1:00-2:30
Tuesday	\$6.00	10:00-11:30

Tennis is played indoors at Peachtree located at 37600 Little Mack at Weybridge. New tennis balls are NOT included in the price. Existing club tennis balls are available for you or you can bring your own. Senior Center membership is required and you MUST purchase a special \$75.00 corporate rate membership from Peach Tree to participate. Any senior in the Clinton group who wishes to rent the courts or play/sub on Peachtree leagues on a regular basis is required to play at least 50% of the time in the CT program.

**For more information call: 469-7000.**



### GOLF LESSONS FOR MEN AND WOMEN.

\$36/6 weeks Mondays March 29-May 3 Begging 3:00-4:00 p.m.  
Advanced 4:00-5:00 p.m. **Please sign up at front desk or call 286-9333.**

1st class is at the senior center, all other classes will be held at CJ Barrymores on Hall Road.

### WOMEN'S GOLF LEAGUES- 9 HOLES

Organizational Meetings @ 3:30 on:  
Thursday, April 15 & Friday, April 23  
For More Info. See Sports Box

### MEN'S FRIDAY LEAGUE – 18 HOLES

Organizational Meeting, April 16 @ 8:30  
at Wolcott Mill Golf Course  
Call Walt Yunke @ 586-566-3397

### BOCCE BALL ORGANIZATIONAL MEETING April 1, 2010 9:00-12:00

If you are interested in joining this fun group, make sure to come to this meeting! Bocce is played every Thursday morning from 10-12

### SOFTBALL PLAYERS NEEDED!

#### Organizational Meeting for Softball

Tuesday, April 6 12:00 in gym  
Games on Mondays & Wednesdays



### TABLE TENNIS TOURNAMENT COMING-MAY 11TH

**See Wanda for More Details!  
723-8076**

Calling All Golfers!

It's Time To Play Some Sports... Sign Up Today!



# Clinton Township Senior Adult Life Center

Mar./Apr. 2010 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all  
Classes and Programs

## Foot Care



- Appts. On the last Wed. of each month
- By appointment only
- 20 minute appointments
- Schedule @ Sr. Center reception desk
- Covered by most insurances & Medicare. Not a FREE Service.

**Dr. Jennifer Somers of the Hosey Foot and Ankle Centers will be here on:**

Wednesday	March 31	9:00-Noon
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**Dr. Edmund Kowalchick of the Michigan Foot and Ankle Institute will be here on:**

Wednesday	April 28	9:00-Noon
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## Manicures & Pedicures (By Appt.)

Looking for some pampering?... let Kameelia, Licensed Cosmetologist, fix you right up! You will leave feeling like a new person.

Mondays	9:00 a.m. - 3:00 p.m.
Fridays	9:00 a.m. - 3:00 p.m.

Regular Manicure .....\$9 .....½ hr.  
Hot Oil Manicure .....\$10  
Pedicure..... \$25.....1 hr.  
Combination.....\$30 1 ½ hr.



..Fees are payable to the manicurist at time of service. Please notify us of cancellations by 4 p.m. of the business day preceding your appointment.

## Blood Pressure Screenings

Tuesday	March 2	10:00	C. Reidel
Wednesday	March 10	10:00	N. Hendrix
Tuesday	March 16	11:00	Dr. Caligiuri
Wednesday	March 24	10:00	P. Rizzi

Tuesday	April 7	10:00	C. Reidel
Wednesday	April 14	10:00	N. Hendrix
Tuesday	April 20	11:00	Dr. Caligiuri
Wednesday	April 28	10:00	P. Rizzi

## Massages & Reflexology (By Appt.)



Tuesdays	9:00 a.m. - 12:00 p.m.
Thursdays	1:00 p.m. - 4:00 p.m.

**\$9 or \$18 chair or table.**

**A \$9 massage** (Just Enough Time-11 mins.) will focus on your back, shoulders, neck or hands.

**\$18** will extend the above services for 25 mins.

**Choose a massage and/or a reflexology session.**

Reflexology is a technique on your feet and hands and that will help heal the whole person - not just the prevailing symptoms. Shown effective for migraines, arthritis and back pain, sleep disorders, digestive disorders, hormonal imbalances and other conditions.

**New! Introducing Paraffin Wax Spa treatments for your hands!** Add a wax treatment with your scheduled service! First treatment ½ off, Only \$2.00. Regular price \$4.00.

**Only interested in hand waxing?**  
**See front desk for details.**

Attention

## NEWSLETTER READERS

Please notify us immediately of any address changes. Fees will be incurred if your newsletter is returned undeliverable. If you are at the center on a regular basis, please pick up your newsletter at the front desk to defer mailing costs.

# Clinton Township Senior Adult Life Center

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Please register for all  
Classes and Programs

## MARCH'S SPECIAL EVENTS

### CLINTON TWP. COMMUNITY BLOOD DRIVE

March 3 & 4, 2010

See back page for more details.

### JUST R-E-L-A-X!

Thursday, March 4

9:30-10:15 a.m.

Pre-register @ 286-9333

### MEDICAL NETWORK ONE-WELLNESS

**WAKE UP SERIES!** Join us every month for nutrition, health and fitness tips. This month The **MEDICAL NETWORK ONE** Team of healthcare professionals will present valuable stress reduction strategies, relaxation techniques and more. This is open to all. Call or stop by the front desk and register.

### PORTRAIT DAY WITH LEANNA

Friday, March 12, 2010

2:00-8:00 p.m.

Make your appointment @ 586-286-9333



When is the last time you had a photo of yourself taken? Isn't about time that you had a professional portrait taken? **It makes a great gift for your family and friends!** So make an appointment for yourself or your family and get that over due photo taken. (Portraits will be ready before Easter) See flyer for more details.

### CALLING ALL EUCHRE PLAYERS!

#### Euchre 50/50 Fund Raising Tournament

Thursday, April 29, 2010

6:30-9:30 p.m.

\$10 per person **RSVP @ 586-286-9333**

This tournament is open to those 50+ in our community. You need NOT be a member, because this is a fundraiser for our Clinton Twp. Senior Adult Life Center! Join us for a fun & possibly profitable evening of euchre. Dealing starts at 7:00 p.m. Limited to the first 100 pre-registered – Pay at door.

### NIFTY AND NINETY BIRTHDAY PARTY!!

Thursday, March 18, 2010 at the Villages

Depart from senior center 10:30 a.m.

Pre-register @ 286-9333

If you are 90 years old or older or turning 90 in 2010, then you are invited to attend a birthday party in your honor! The Villages of East Harbor are hosting a day planned just for you! Activities will include: a tour, lunch & entertainment and of course, birthday cake! **Make sure to pre-register. You may also bring a guest.** The bus will depart the center at 10:30 a.m. and return by 2:00 p.m.

### SENIOR FIRE SAFETY

Thursday, March 18

12:00 p.m.

**RSVP @ 286-9333**

Clinton Twp. Fire Marshal, Bob Smith, will share senior fire safety tips, information on the new "residential lock box" and "file of life" programs. Question & Answer Time following the presentation.

### TAX STRATEGIES FOR THE NEW YEAR

Monday, March 22

11:30 p.m.

**RSVP by March 19th @**

**586-286-9333**



Come learn all the new tax strategies for the 2010 fiscal year. Matt Hilers, from The Hantz Group, will be here to discuss all the new changes for this coming year. A light lunch will be provided, so make sure to pre-register.

### SPRING FLING DINNER DANCE

Thursday, March 25, 2010

Dinner 6:00 p.m.

Dancing 7-10 p.m.



Join us for an evening of Dinner & Dancing to a live band in the gym. Tickets are \$19.50 per person and can be purchased and/or returned up until the

Monday the week of the dance. Thank you NorthPoint Village for sponsoring our dessert!

**Band: The Varitones**

**Menu: Call for Menu.**

### GREAT LAKES NATIONAL CEMETERY PRESENTATION

Wednesday, March 31

11:00-1:00

**RSVP by March 24th @ 286-9333**

Please join Director Richard C. Anderson of the Great Lakes National Cemetery in Holly, Michigan as he presents an informative program that will discuss valuable information regarding burial and cremation eligibility for veterans and their spouses, in addition to other information on benefits and services veterans may be entitled to. Mark your calendar for this very informative program. This program is being sponsored by Resurrection Funeral Home. Light refreshments will be available. Space is limited. Please make your reservation today at the front desk today.

**Clinton Township does not review qualifications or endorse any programs or opinions expressed.**



# Clinton Township Senior Adult Life Center

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Please register for all  
Classes and Programs

## APRIL'S SPECIAL EVENTS

### CAN WE TALK?

Thursday, April 1

9:30-10:15 AM

Pre-register @ 286-9333

**MEDICAL NETWORK ONE-WELLNESS WAKE UP SERIES!** Join us every month for nutrition, health and fitness tips. **This month the MEDICAL NETWORK ONE Team of healthcare professionals will present information about communication techniques, talking with your healthcare professional, and more.** This is open to all. Call or stop by the front desk and register.

### WATCH BATTERY WILMA

April 5, 2010

12:00-3:00

Join Wilma between the hours of Noon and 3 p.m. for watch battery replacement & minor repairs. Most batteries are placed in your watch for \$3 each and to be fair to all we have a limit of 3 watches per number. Pick up your number at the desk and you will be helped in that order. For your convenience, Wilma has watches starting at \$8 and S.S. jewelry starting at \$4 for sale.

### LIVING WITH THE LOSS OF A SPOUSE

Wednesdays

10:00-12:00

April 7- May 19 No class May 12

Widowed Friends will be conducting a 6-week "Grief and Loss" support group program for all widowed in the community. The GRIEF RECOVERY series deals with the phases of grief, coping with loneliness and other related issues. The series is facilitated by a member of Widowed Friends, a "peer" group is sponsored by **Resurrection Funeral Home**. A \$12.00 fee covers all materials and costs for these sessions. Call Pat at (586)731-1831 for more information or to register.

### MACOMB COUNTY WELLNESS & RETIREMENT EXPO!

Friday, April 9, 2010

10:00-2:00

Free Event!! Exhibitors, Raffles, 50/50 drawings, Seminars, Free Health Screenings & much more!



Any questions, call  
586-286-9333

MISD conference center  
on Garfield s. of Hall  
44001 Garfield Rd. –  
park on S. side of  
building

### PLANNING AHEAD FOR ALL THE RIGHT REASONS!

Wednesday, April 21, 2010

11:00 - 1:00

Pre-register @ 586-286-9333 by April 16th

You are invited to attend a free educational seminar presented by **Resurrection Funeral Home**. Planning for a funeral or cremation is a subject we all think about from time to time, but few of us actually talk about it. You will receive valuable information and answers to all of your questions. **Lunch provided.**

### BUNNY HOP DINNER DANCE

Thursday, April 22, 2010

Dinner 6:00 p.m. • Dancing 7-10 p.m.

Join us for an evening of Dinner & Dancing to a live band in the gym. Tickets are **\$19.50** per person and can be purchased and/or returned up until the Monday the week of the dance. **Thank you to The Villages of East Harbor for sponsoring our dessert!**

Band: Jerry Robutka

Menu: Call for Menu

### AARP DRIVER SAFETY COURSE

Monday & Thursday April 26 & 29

12:00- 4:00 p.m.

RSVP @ 586-286-9333

**\$12/AARP Member • \$14/AARP non-member**

AARP will be offering the 2 day "Driver Safety Program" at our center. Class objectives include: defensive driving techniques, driving rules, effects of aging on driving & dangerous driving situations. You will receive a certificate which can be used for insurance discounts offered by some companies. You must attend both days to qualify. Please be punctual.

### Upcoming Events:

Table Tennis Tournament Tuesday, May 11, 2010.

### Many Thanks

Vince & Joe's for supporting our  
Travel Preview Presentation.

Walgreen's at 17 Mile & Garfield  
for the generous candy donation

Make Note!

# Traveling with the Wanderers

## TRAVEL INFORMATION

We sure hope you enjoy the wide variety of trips that we have to offer. After discussing the trips availability with Jeanne Kropf, our travel specialist, **payment options are as follows:**

1. Jeanne will be available on **Tuesdays from 1:00-3:00 p.m.** to accept payments or deposits.
2. Leave a check at the Senior Center reception desk with the name of the trip, your name, address and phone number and information covering all parties included with the payment. *OR*
3. **Mail a check to:** The Clinton Twp. Senior Center, 40730 Romeo Plank Rd, Clinton Twp. MI. 48038
4. All checks or money orders must be made payable to: Clinton Township Senior Center.
5. All trip members MUST complete an emergency form prior to trip date.

**If you have further questions,  
Jeanne Kropf can be reached at (586) 723-8127.**

**If you have an emergency the night before, or morning of a trip,  
please call 586-723-8127, the Wanderer's phone, and leave a message.**  
I will check for any messages the morning of the trip.

### Day Trips

Payment in full must be made at the time of registration to reserve your place. Payment can be made by **check or money order made payable to: Clinton Township Senior Center.** Your cancelled check is your receipt. **NO CASH WILL BE ACCEPTED!**

Include your name, phone number, address, city and zip for all parties covered by the payment. All travelers on one-day trips who do not have a Medical release of liability form, must fill one out and have one on file **PRIOR** to the trip departure. Please update your forms as information changes.

### Extended Travel

It is preferable that deposits be made in person to Jeanne. Final payments may be made by mail or left at the front office. Please include the required information with your payment, place it in an envelope for **Jeanne Kropf**, and deposit it with the reception desk at the Senior Center. Please book early to avoid disappointment. If you are considering any trip, do not hesitate to make a deposit early or the trip may be cancelled due to what appears to be a lack of interest. Deposits for extended trips are refundable up to the final payment date. All refunds are processed through the Twp. Accounting office so there maybe an approx. 3-4 week period before receiving the check. Please be patient.

### Boarding the Coaches

All trips will board and depart from the Civic Center parking lot. **Plan to arrive at least 15 minutes prior to the departure time.** Unless otherwise advised, the front seat of each side of the bus is reserved for the escort. There are no refunds for cancellations received within 24 hrs. of the trip, or for "no shows." A Senior Center processing fee of \$10 p.p. will be deducted from any refunds for all trips.

### Passport Rules

You will need a passport by June 1, 2009 if traveling across a land boarder to Mexico or Canada. New U.S. passports are being issued; however, you will NOT need to get one until you current passport runs out. The charge for the passport is \$75 Plus \$25 fee and it is good for 10 years.

**LAND TRIPS TO CANADA**  
**U.S. Citizens DO NOT REQUIRE A PASSPORT.**

Please note: Passport Cards are now available for your purchase. Cost \$20 for Card & \$25 fee.

Please contact the Clerks office for more information @ 586-286-9422.



# Travel with the Wanderers and Leave the driving to us!

If you would like detailed information about any of the trips listed below, please come on in to the center and pick up a detailed flyer!



## GIFT CERTIFICATES MAKE GREAT GIFTS for Mother's Day or Father's Day!

<b>March 16, 2010</b>	<b>Historic Catholic Churches of Detroit 1 day \$59.00</b>
	Experience the history and beautiful architecture of days gone by. Board our deluxe motor coach as we tour St. Joseph Roman Catholic Church, Sweetest Heart of Mary, St. Hyacinth & St. Florian, and Assumption Grotto Catholic Churches. Lunch at Sinbads, tax, tip & transportation included. See flyer for more details- <b>Sign up Today!</b>
<b>March 21, 2010</b>	<b>Putnam County Spelling Bee 1 day \$45 p.p.</b>
	A great Sunday outing! Brunch at Che Cosa Coffee House followed by a performance of the "25th Annual Putnam County Spelling Bee". This hilarious Tony Award-Winning Musical is sure to get your week off to a great start! Price includes brunch, show ticket, transportation, tax and tip.
<b>March 31, 2010</b>	<b>Meadow Brook Theatre 1 day \$48 p.p.</b>
	A great springtime event! An afternoon performance of "Enchanted April" where two frustrated English housewives rent a villa in Italy for an exciting holiday. They recruit two others to join them, and rediscover themselves in ways they never expected. Lunch at Marcus Grill with four menu choices. Price includes lunch, ticket to performance, transportation, tax and tip.
<b>April 6-8, 2010</b>	<b>Chicago 3 days/ 2 nights \$589 p.p. Dbl.</b>
	A great way to celebrate springtime!! Chicago during Easter week. Two nights & 2 breakfasts at the famous Palmer House Hilton. Architectural Boat Cruise, progressive dinner at 3 different restaurants. Sight seeing includes: Navy Pier, Oprah Store & several choices for visits to new or favorite attractions. See flyer for details.
<b>April 17, 2010</b>	<b>Forbidden Broadway: 25th Anniversary Tour 1 day \$63 p.p</b>
	Enjoy this hilarious "put-on" of several hit Broadway shows, similar to "Annie", "Ave. Q.", "Wicked" or "Movin' Out". Luncheon at Champps prior to the show. Includes prime seating, show, lunch, curb-side transportation, tax and tip. Don't delay!
<b>May 23-28, 2010</b>	<b>Cape May 6 days/ 5 nights \$999 p.p. Dbl.</b>
	This Victorian seaside resort is one of the "must see" places to visit. 3 nights with ocean front rooms in Cape May, 1 in Lancaster, PA and the show "Joseph", Dolphin Watch Cruise, and much more. See flyer for full details. Deposit of \$50 now, ( <b>Final payment due April 23, 2010</b> )
<b>June 11-12, 2010</b>	<b>Mackinac Island 2 days/ 1 night \$339 p.p. Dbl.</b>
	Celebrate Mackinac's famous Lilac Time Festival in all its glory!! Enjoy the horse drawn parade, shopping, carriage tour of the island and over night at the historic Lake View Hotel. We'll dine at the Grand Buffet at the Grand Hotel as well! Includes: transportation, ferry ride & luggage handling. See flyer for details.
<b>June 18-25, 2010</b>	<b>Northern National Parks 8 days/7 nights \$1,999 p.p. Dbl.</b>
	Tour America's most spectacular treasures~Idaho Falls, Grand Teton & Yellowstone National Parks, Jackson Hole, Old Faithful, Craters of the Moon and Salt Lake City. Trip includes 1 meals, R.T. airfare, 8 days, transfers & motor coach. <b>Final payment due by April 19, 2010.</b> <b>See flyer for full details.</b> <b>CREDIT CARD USE AVAILABLE FOR THIS TRIP ONLY.</b>

### COMING ATTRACTIONS!

**SEPT~ Outer Banks, NC, OCT. ~ Branson, MO, OCT.~ Shenandoah, VA**

# Clinton Township Senior Adult Life Center

Mar./Apr. 2010 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

**Please register for all  
Classes and Programs**

## NEW & SPECIAL CLASSES/EVENTS

### NEW LINE DANCING SESSION BEGINNING!

5 wk/ \$20

March 2-March 30

**Pre-register @ 286-9333**

You don't want to miss the fun! Hooked on Country Line Dancin' Instructor Herb Dula has been line dancing since 1984 and teaching since 1999. You'll learn vines, kickball-change, jazzbox and more. Learn the latest dances to all types of music. A good way to get your exercise, meet new friends, but most of all just have fun!



Do you want to celebrate the victory of cancer survivors in our community? Do you need time to remember a loved one lost to cancer? Do you have a desire to fight back against a disease that has taken so much from so many? Then join us at the annual

American Cancer Society Relay For Life of Clinton Township on May 15-16 from 10:00 a.m. to 10:00 a.m. at the Chippewa Valley 9th Grade Center.

Teams are forming now for this celebratory, inspirational event. In addition to being a wonderful team-building event, Relay For Life provides an opportunity for family fun around a great cause! For more information about how you can create a world with more birthdays through the American Cancer Society Relay For Life of Clinton Township, visit [www.relayforlife.org/clintontownshipmi](http://www.relayforlife.org/clintontownshipmi) or call Maureen Rovas at 248.663.3444

## LET'S KEEP ON GIVING! HELP SUPPORT THE HOMELESS EDUCATION PROJECT



We'll be collecting toiletries such as tooth paste, tooth brushes, deodorant, shampoo, conditioner, hair combs and/ or hairbrushes, travel size Kleenex & hand sanitizer for our friends at the Macomb County Homeless Education Project. Don't forget your hotel "sample size" toiletries too! Look for the donation box in the hall by the beverage station. Thanks to our Humanities Group for organizing this project. Together, we can make a difference!

## FREE LAUGHTER FITNESS

**FRIDAYS 1:30-2:30**

**LAST CLASS APRIL 2**

**NO CLASS ON APRIL 2ND**

Join us as we discover the benefits of laughter. Learn how laughter can rejuvenate the mind, body and spirit. In this 9 week class we'll learn why we stopped laughing and how we can learn to laugh again! Come with your funny bone ready for a workout. Feel free to bring appropriate items to share. Clean jokes, cartoons and memories welcomed

**Benefits of Laughter**



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## SENIOR CENTER FUND RAISING NEWS Donations since the last Newsletter

Robert Eggart  
Kameelia Akasheh  
Evola Music  
Patricia Quenneville  
Kaul Funeral Homes  
Wilma Forrey  
Jennie Fett  
Jane Hall  
Pauline Miller

## Donate to our Treasure Chest



We are in need of used jewelry, necklaces,  
Bracelets, and rings, trinkets and charms  
for our treasure chest showcase fundraiser.

Thank You!

Thank you to all who have donated to our  
on-going jewelry and garage sales! We  
have sold \$370.95 since the last newsletter

Please donate to the garage sale cart.  
New and nearly new condition would be  
greatly appreciated.

## BECOME A CT Senior Adult Life Center SUPPORTER

\_\_\_\_ Contributor \$1-24      \_\_\_\_ Patron \$100-\$199  
\_\_\_\_ Associate \$25-\$49      \_\_\_\_ Sponsor \$200-\$499  
\_\_\_\_ Sustainer \$50-\$99      \_\_\_\_ Benefactor \$500-\$999  
\_\_\_\_ Angel \$1,000 or more

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Please complete this section if your gift is:

In Memory \_\_\_\_\_

In Honor of \_\_\_\_\_

On the occasion of: \_\_\_\_\_

Please send acknowledgement of this gift to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

### Return to:

Clinton Twp. Senior Adult Life Center  
40730 Romeo Plank Road  
Clinton Township, MI 48038

Please consider including the Clinton Twp. Senior  
Adult Life Center in your will. Your bequest can ensure  
our services are here for years to come. For more  
information, please call 586-286-9333.

\_\_\_\_ I have included the Clinton Twp. Senior Adult Life  
Center in my will. Please contact me regarding the  
details.

Suggested phrasing for bequests: I give, devise and  
bequeath X dollar amount or X asset to: Clinton Twp.  
Senior Adult Life Center, location at 40730 Romeo  
Plank Rd. Clinton Twp., MI 48038, for its general use  
and purposes.

Contact a qualified estate-planning professional for  
more information.

# Clinton Township Senior Adult Life Center

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Classes and Programs

## Closings & Cancellations

Day	Date	Area Affected	Description
Thursday	Mar.4	Gym closed	Blood Drive
Thursday	Mar. 25	Gym closed @ 1p.m.	Dance set up
Friday	Mar. 26	No a.m. walking	Dance clean up
Saturday	Mar. 27	No Saturday Cards	Easter Egg Hunt P&R
Saturday	April 3	No Saturday Cards	Easter Holiday
Friday	April 2	Center Closed	Good Friday
Friday	April 9	Center Closed	Senior Expo @MISD
Thursday	April 22	Gym closed @ 1 p.m.	Dance set up
Friday	April 23	No a.m. walking	Dance clean up

**Weather & holiday closings:** There will no senior night cards, bus service or activities on any holiday in which the Senior Center/Civic Center is closed. Please note, the Senior Center will be closed if Chippewa Valley Public Schools cancel school for inclement weather. If in doubt, please contact the Senior Center first before making a trip over. (586) 286-9333. It is your responsibility to know when the center is closed, please mark your calendars as needed.

### COMPUTER TUTOR AVAILABLE:



Student Computer Tutor available to come to your home to update, tutor, and resolve computer related issues for \$8 per hour. If interested, please call Joshua at (586) 286-0841.

### SHARPENING SERVICES NOW AVAILABLE



Are you frustrated with those dull, worn out knives? Now you can bring them to your senior center for sharpening. Sam Cipriano will sharpen your kitchen knives, scissors and various garden tools. Drop off your items in a bag with your name and phone number at the front desk. When your items are finished we will notify you for a pick up. Average cost is \$3.00 per item. Garden tools \$4.00  
**Please No electric garden tools.**

Lost



**Make sure to  
check the  
Lost & Found  
at the  
Front Desk.**



# Clinton Township Senior Adult Life Center

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Classes and Programs

## LOOKING FOR NEW DINING OPTIONS? HOT MEALS ARE HERE!

Your Clinton Twp. Senior Adult Life Center is a **MCCSA Senior Nutrition Site**. On Fridays between 11:30-12:30 we have a delicious and nutritious **HOT lunch** available just for you.

The menu varies from week to week and the suggested donation is \$3.00 for those 60 and older. The meals are served on a first come first serve basis.



### MARCH/ APRIL MAIN ENTRÉE MENU

- 3/05/10 Vegetable Lasagna
- 3/12/10 Tuna Salad Sandwich
- 3/19/10 Breaded Fish Sandwich w/ Cheese
- 3/26/10 Baked Ziti w/ Four Cheeses
- 4/02/10 Baked Cheese Lasagna Roll Ups
- 4/09/10 All Beef Hotdog
- 4/16/10 Baked Meatloaf
- 4/23/10 Sweet & Sour Chicken w/ Peas & Rice
- 4/30/10 Cheeseburger

The above meals are served with vegetables, fruit and milk.

## ANGEL FOOD MINISTRIES

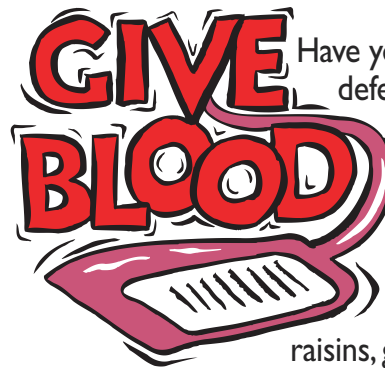
Another resource is called Angel Food Ministries. Angel Food Ministries a non-profit, non-denominational organization dedicated to providing grocery relief to communities throughout the USA. A unit of food, costing \$30, will feed a single senior for almost a month. The food is all of grocery store quality with a retail value of over \$50

Phone: 586-771-4718 ext. 317

website: [www.wwconnections.org](http://www.wwconnections.org)

mail: [angelfood@wnnazarene.org](mailto:angelfood@wnnazarene.org)

## PREPARING TO DONATE



Have you ever been deferred for giving blood because your iron level (hemoglobin) was low? Iron levels can be improved by eating foods like raisins, grains, red meat and items rich in Vitamins B and C. A

healthy diet rich in vitamins and nutrients is the key to a successful blood donation. Make sure to hydrate your blood by drinking plenty of fluids before donating blood; moderate exercise may also help increase circulation and ensure a more successful donation.

## CLASSIFIED ADVERTISEMENTS

Please be advised that our newsletter offers classified ads intended for the sale of personal household items. Please contact Donna Tinker at 723-8125 to place your classified ad. Thanks for your patronage of the businesses & individuals that advertise with us. They help defray the cost of this publication. **The Senior Center does not endorse or make any representations regarding the quality or character of services or good furnished by any of our advertisers and we urge seniors to always carefully investigate the providers of services and goods before purchasing.**

# Clinton Township Senior Adult Life Center

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## 2010 Michigan Winter Senior Olympics Congratulations to the following Winners!



Wanda Vasko	Badminton-Gold-Singles Badminton-Gold-Doubles Badminton-Gold-Mixed Doubles
Isobel Wilson	Badminton-Gold-Doubles Badminton-Gold-Mixed Doubles
Norman Heinrich	Badminton-Silver-Men's Doubles
Bernard Snay	Badminton-Gold-Mixed Doubles Badminton-Silver-Doubles Pickleball-Silver-Men's Doubles
Eleanor Chiesa	Badminton- Gold-Singles Badminton- Silver -Mixed Doubles
Arlon Quigley	Badminton-Gold-Mixed Doubles Badminton-Gold-Doubles Badminton-Gold-Singles

## CLINTON TOWNSHIP SENIOR CENTER Table Tennis Tournament



Tuesday, May 11 2010  
9:00 a.m. – 4:30 p.m.

\$15 per member - \$17 per non-member

Includes:

**Awards, Refreshments & Box Lunch!**

Please let us know in advanced of special dietary restrictions.

**Register at the  
Clinton Township Senior Center**

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Clinton Township, MI 48038

**Registration Deadline:  
Friday, April 30th 2010**

For More Information & Registration  
Call Wanda at (586) 723-8076

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Partners Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Dietary Restrictions \_\_\_\_\_

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**Friday, April 9, 2010**

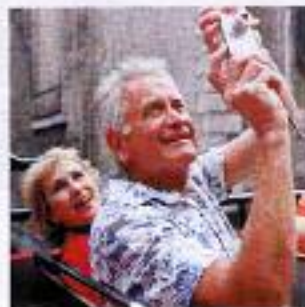
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